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butter being used for cooking a special meal which is eaten by the owner of the cow and his wife; a little of the butter is set aside and they smear it on their lips, but none of it may be smeared on their bodies. After the meal has been eaten, the cow is milked regularly and the milk may now be drunk by all the family.

Oxen used for riding. Oxen are frequently used for riding. The young men train the animals to this and ride them constantly. They turn them as they wish by prodding the side of the animal's cheek with a stick from which it turns away. The animals are trained, however, to obey the voice rather than wait for the stick. They trot along at a fast rate and cover the ground quicker than a man can walk.

Sheep and goats. Sheep and goats are kept by all villagers. Goats especially are eaten by men and women without any restrictions. Fowls are also kept, though, as is usual among most African tribes, fowls have to find their own food, and their chickens are constantly preyed upon by hawks and kites, and those that grow up are of a poor and miserable kind.

Building.

Architecture and mode of building. The houses are round huts with conical thatched roofs. They have an outer wall of stakes three and sometimes four feet high with mud smeared over them on the inside and a central pole passing through the roof, to which the rafters are attached. The roof is thatched with grass and the end of the central pole, which passes through the roof, is rudely carved. The houses are grouped together, leaving room enough to pass between them, and a growing fence surrounds them. Many villages have no outer fence, but are built high up the hill-sides for protection from hostile clans.

Religion.

Religious beliefs. Apart from worship of the dead and a belief in ghosts, the people have little religion. They call the supreme being Nyasi, who, they say, is to be found in large trees. In times of trouble or sickness they make offerings to him of an animal which is killed under a large tree, and the